

BIOMONITORING

How it relates to you and your family

How do chemicals get into our bodies?

There are many chemicals in our environment. Some are harmless, but others can cause problems to our health. Everyone's body reacts differently to chemical exposures.

Environmental chemicals get into the human body through many different pathways. Everyday activities such as eating, drinking, and using certain products can expose you to small amounts of chemicals. In your body, these chemicals may react and change to become new chemicals, called breakdown products.

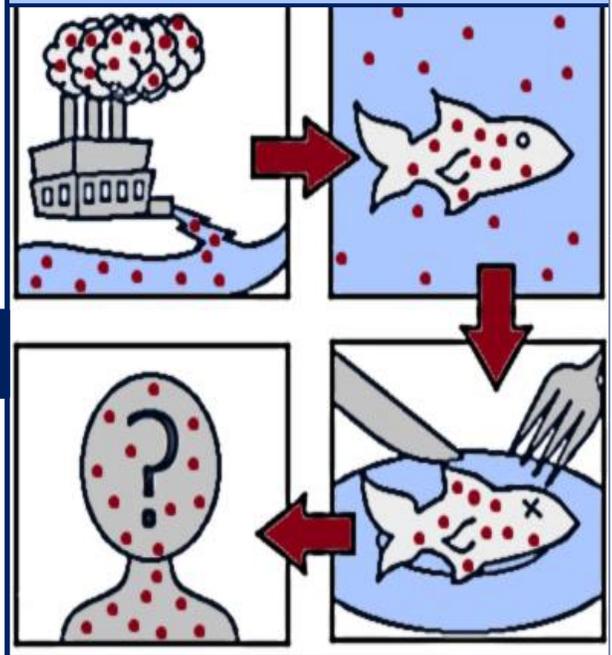
What is biomonitoring?

Biomonitoring is the measurement of chemicals (or their breakdown products) in the human body. Chemical levels can be found by testing urine, blood, hair, or tissue.

Examples of chemicals that can be measured are:

- ❖ Lead
- ❖ Mercury
- ❖ Pesticides
- ❖ Arsenic
- ❖ Uranium
- ❖ Perfluorochemicals (PFCs)

Example of Environmental Chemical Exposure Pathway



Why is biomonitoring important?

It's important to identify the types of chemicals that are getting into people and whether they are causing disease. It is also useful to know if certain groups of people are more likely to have chemicals in their bodies. This helps us keep track of exposure patterns in a population. This information can lead to a new or better understanding of relationships between chemicals and health conditions. With this knowledge, we can better protect you, your family, and your community's health.

How can biomonitoring help YOU?

Biomonitoring can help you become aware of what chemicals are in your body. These chemicals may come from the air; the materials you use at work; your water, food, or soil; or even your consumer products such as supplements and skin creams. While small amounts may not be harmful, it's important to know what you and your family are exposed to so you can make healthy decisions.

DID YOU KNOW?

New Hampshire was one of six awardees to receive a CDC grant for biomonitoring in 2014! If you want to know more about biomonitoring, please contact the New Hampshire Public Health Labs or check out the National Biomonitoring Program at <https://www.cdc.gov/biomonitoring/index.html>

For more information on Biomonitoring in NH, please contact the NH Public Health Labs:

29 Hazen Drive,
Concord NH 03301
(603) 271-4661

<http://www.dhhs.nh.gov/dphs/lab/biomonitoring.htm>

